

British Anti-Tobacco Society,

Instituted April, 1853.

“Shun Smoking as you would self-destruction.”—*Lancet*.

The Anti-Tobacco Journal.

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*Communications to be fully prepaid and addressed to the Editor of
the Journal,*

Clissold Lodge, 30, Bethune Road, Stoke Newington, N.

Or of the Rev. A. Sims, Uxbridge, Ontario, Canada

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A Vital Question.

Can a narcotised brain—help its owner—to “Love the Lord our God with all his might, with all his soul, with all his strength”

British Anti-Tobacco Society.

ESTABLISHED 1853.

The Associate's Branch of the Pearl and Purple Ribbon Ladies' Court.

MOTTOES.

“Whatsoever is lovely and of good report.”

“He that *ruleth* his spirit—is greater than he who taketh a city.

“Not with *eye service* as men pleasers, but with *singleness of heart* as unto GOD.”

I

resolve, for the Praise and Glory of the King of Kings, to discountenance the *ab-use of Tobacco* and *Strong Drink*.

To *rule* my spirit. To cultivate self-respect—by doing unto my neighbours as I would they should do to me.

Prayer.

(A LOGICAL SEQUENCE).

Great and Almighty God be pleased to help me by Thy Holy Spirit for Jesus Christ's sake—to be *strong to think*, to *speak* and to *act rightly*—that so I may have a healthy soul, a healthy mind, a healthy body, and healthy circumstances—which will make my life a pleasure to myself, so a pleasure to others and therefore a pleasure and praise to Thee! Amen.

You are earnestly requested to sign this, and return it with your address, prepaid, to

THE EDITOR OF THE “ANTI-TOBACCO JOURNAL,”

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The Anti-Tobacco Journal.

“HE THAT HATH EARS TO HEAR LET HIM HEAR.”

“Can that which is morally wrong be politically right?” Can that which would be criminal for Solus, be righteous for Plus? If I force poison upon Solus against his will, can I plead—Not Guilty? Can then those who forced Opium Poison upon a nation, be guiltless? Is it a mistake to consider “that the blindness of the English Nation concerning Tobacco” is an outgrowth from the seed sowing—per force—of Opium poison in China?”

A Common Sense Essay on Tobacco Smoking.

A Paper written for the Cork Literary and Scientific Society by

THOMAS A. BAILEY.

Dedicated to the Y.M.C.A.

Mr. Chairman, Ladies and Gentlemen,

I commence my paper with a statement similar to that used by a gentlemen who recently lectured in this city on “Gambling” that “Whatever else I don’t know anything about, I do know practically something; nay, rather a great deal about that which is the subject before us to-night,” viz. “Tobacco Smoking.” I well remember when a lad of about 9 or 10 years old the very spot where I used to hide my pipe and how clever I thought myself in escaping detection, I am well within the mark in saying I have had 15 years practical experience of this (to me at least) unprofitable accomplishment.

I presume that you have already surmised I take the negative side of the subject, i.e., I advocate Non-smoking; I am well aware, Sir, that by so doing I am facing a regular storm of opposition, and by depreciating the habit I, so to speak, tread on the corns of more than nine-tenths of the grown male population of this picturesque city on the Lee and I am ashamed to have to say that my views on the subject are antagonistic to the opinion of a few of the fair sex and a large number of the youths or rather would-be men of the present day; however, I take my stand and hope that the thoughts which I shall now put before you will at least have the effect of producing an interesting and

instructive debate for the members of this excellent Society on some future occasion, a debate which will not "end in smoke," but by convincing many fair unbiassed minds that a man can be "healthier, wealthier and wiser" when he does not indulge in this popular habit.

My first argument against Smoking may be an old and well-worn, but still, to my mind, indisputable one, namely: that it is *unnatural*. This appears to be clearly proved by the fact that when a beginner is endeavouring to "master the art" it is almost invariably at great personal inconvenience and a temporary inability from sickness, which is almost indescribable. What smoker cannot recollect the awful symptoms which followed the first pipe he smoked? This speaks to me as nature rebelling and showing her disapproval of such an innovation on her preserves, and not merely does this occur once, but over and over again has this agony to be endured (by many) before the persistent youth becomes an adept in this much desired habit. I have a vivid recollection of two such occasions in my own experience; the first was many years ago when I lay in a ditch for a considerable time so ill, that I believe I did not care what happened me; the second was after I had been a smoker for many years but had left it off for a period, and on again resuming the habit I went through an experience very similar to the first.

My next point is that smoking is injurious to health.

In more than one case amongst my own near relatives, I believe, that their death was hastened (humanly speaking) by Tobacco smoking, and one of them, I know, seriously injured his eyesight by it; but why need I talk of others when I have proved it to be true myself; I say unhesitatingly, Sir, that in many respects my own health is greatly improved since I left off smoking, and I know not of a single sense in which I suffered injury by doing so, I never experience now the same nauseous disagreeable heartburn and headache from which I was seldom free when a smoker. I never rise now in the mornings with the same sense of heaviness which I did then, and there is now an absence of soreness of tongue and mouth which was before a frequent affliction. In my nervous system there has been a great change, when a smoker I was very easily startled, but now the same noises and sudden movements almost pass unnoticed; these are simple undeniable facts which cannot be gainsaid or attributed to other causes, the only other cause at all likely to produce the changes referred to would be the discontinuance of intoxicating drinks, but at the time I speak of I was a total Abstainer.

I now quote the opinions of some eminent Doctors and others.

TOBACCO SMOKING.

Dr. Conquest.—“I have seen the most distressing and fatal cases of stomach and liver diseases induced by Snuff and Tobacco.”

James Muir Howie, M.D., late President Royal Medical Society, Edinburgh.—“The stomach is burdened with more work than a smoker's stomach can perform; hence the dyspepsia so frequently accompanying the pipe.”

Henry Gibbons, M.D.—“Tobacco poisons the blood, depresses the vital powers, and weakens and otherwise disorders the heart.”

Dr. Marshall Hall.—“The poison of Tobacco gets into the blood, interferes with the heart's action and affects every organ and fibre of the frame.”

B. Townson, M.R.C.S.—“Nearly everyone I have rejected after examining them for life policies, has brought on an affection of the heart by smoking.”

Prof. Bouisson.—“Tobacco, which answers no natural want, has become the most common cause of cancer in the mouth.”

W. Hardwicke, M.D., coroner of Central Middlesex.—“Certain forms of cancer in the lips and tongue are clearly traceable to the use of Tobacco.”

Mr. Critchett, Oculist, London.—“I am constantly consulted by gentlemen for commencing Blindness, caused solely by great smoking.”

Joel Shew, M.D.—“That Tobacco occasionally produces Insanity I am very confident.”

Dr. Jolly.—“French statistics show that Tobacco is a great cause of Insanity.”

Dr. Copland, F.R.S.—“Smoking Tobacco weakens the nervous powers and favours a dreamy, imaginative, and Imbecile state of mind.”

Sir Benjamin Brodie, F.R.S., Surgeon to the Queen.—“If we could obtain accurate statistics, we should find that the value of life in inveterate smokers is considerably below the average.”

Prof. Miller, Edinburgh, Surgeon to the Queen.—“Not only is the physical effect of Tobacco most debilitating, it tends in plain language to Paralysis.”

Dr. Solly, F.R.S. (Lecture on Paralysis).—“It is my business to point out to you the various and insidious causes of general Paralysis, and smoking is one of them.”

W. Hardwicke, M.D., Coroner for Central Middlesex.—“A large proportion of the Deaths between 30 and 60 occur from diseases of the nervous system, and these diseases are very much accelerated by the prevalent habits of Smoking and Drinking.”

MEDICAL FACTS NOT GENERALLY KNOWN.

No. 1.

"In my now lengthened medical life, I have often seen the worst and most intractable forms of *indigestion*, and the most distressing and fatal cases of *stomach and liver diseases* traceable to snuff and Tobacco."—*Dr. Conquest.*

"Among persons applying for Life Assurance I have not unfrequently met with such a state of *general depression of the system, feeble circulation and nervous irritability*, and rendered it necessary to reject or defer the proposals; and which I could only attribute to the habits of the parties in relation to Tobacco."—*Dr. Thomas Hodgkin.*

"I lately visited a gentleman in a Lunatic Asylum labouring under general paralysis, and *his mind becoming idiotical*. He had lived temperately as regarded drink, but worked hard in a mercantile house, and smoked to excess. The phrase he makes use of is, that he "blazed away at a fearful rate."—*Dr. W. Henderson.*

"Tobacco impairs digestion, poisons the blood, depresses the the vital powers, causes the limbs to tremble, and weakens and otherwise disorders the heart. It robs the poor man's family; it is averse to personal neatness and cleanliness; it promotes disregard for the rights and comforts of others; it cherishes indolence of body and mind; it diminishes the vigour of the intellect; it destroys self-control by establishing the slavery of habit; it developes the lower and animal nature at the expense of the higher; it leads into bad associations, and throws its influence into the scale of evil in all the relations of life."—*Dr. H. Gibbons.*

The opinion of one of England's greatest physicians, Sir Benjamin Brodie, with regard to Tobacco smoking cannot be too often quoted:—

"From the best observations which I have been able to make, I am led to believe that *there are very few who do not suffer harm from it, to a greater or less extent.* . . . From cases which have fallen under my observation, and from a consideration of all the circumstances, I cannot entertain a doubt that, if we could obtain accurate statistics on the subject, we should find that *the value of life in inveterate smokers is considerably below the average.* Nor is this opinion in any degree contradicted by the fact that there are individuals who, in spite of the inhalation of Tobacco smoke, live to be old, and without any material derangement of the health;* analogous exceptions to the general

*But ask their sons and daughters if *they* too, are also in health? The reply will almost invariably be—"Oh no! I am not so strong as my Father."

rule being met with in the case of those who have indulged too freely in the use of spirituous and fermented liquors. . . . But a still graver question remains to be considered. What will be the result if this habit be continued by future generations?

William Howitt, the Author;—"Tobacco is a poisoner, a stupefier, and a traitor to the nervous system, and consequently to energy and the spirit of enterprise, which I renounced once and for ever before I reached my twentieth year."

Horace Greely (Proprietor of the *New York Tribune*);—"I don't say that every smoker is a blackguard * * but show me a genuine blackguard who is not a lover of Tobacco in some shape, and I will agree to find you two *white* blackbirds."

C. R. Drysdale, M.D., M.R.C.S., &c.—"Cancer of the lip is rarely seen except in men who smoke."

Prof. Lizars.—"I have had under my own treatment several cases of ulceration of the lips, tongue and cheek, some of them incurable, all of which occurred in persons greatly addicted to smoking Tobacco."

C. R. Drysdale, M.D., M.R.C.P., &c.—"Neuralgic pains are frequently produced by the presence of Nicotine in the blood."

Dr. Jolly.—"The English working classes consume Tobacco which contains 7 per cent. of Nicotine, and its use causes deafness, weak sight and progressive palsy."

To be continued.

Chinese Christians to the Churches of Great Britain.

The Christian Churches of Canton respectfully address the Christian Churches of England:—

"This year, when holding our Annual New Year's Meetings, we were favoured with a visit from a Western Evangelist (Alfred S. Dyer) who told us how the Christians in India to the number of several thousand, had improved the opportunity afforded this year—before the time fixed for the revision of the Commercial treaty, in reference to Opium, expires—to appeal to the Executive Council and the Emperor of China to co-operate with your

Government in abolishing the Opium traffic. Having been told this, we were incited thereby to prepare this letter, signed by representatives of all our Churches—beseeching your Churches, Pastors and Teachers to combine your strength in devising some efficient means to remove this curse of Opium. Years ago Mr. Turner, besides other good works, presented an appeal to your Parliament to prohibit the importation (by British merchants) of Opium into China.

“Although the object sought has not been attained, the agitation of the matter should not be allowed to flag, for the calamities which Opium brings are numberless.

“Permit us to set forth briefly a few of the more conspicuous forms.

“The introduction and sale of Opium extends to all the cities and villages of the land, the Chinese expending upon it more than \$50,000,000 (about £10,000,000) every year. By this means the rich are made poor, and the poor led to sell their children, and its curse appears in the dissipation of the wealth of the land.

“Scholars, Agriculturists, Artizans and Merchants, represent the constant and productive employments of the people. When once they acquire the Opium habit they become weak, inefficient and indolent in every department of labour: every form of handicraft deteriorates, business suffers and time is squandered. There is no worse evil than this, and its curse appears again in the gradual destruction of the industries and trade of the country.

“Our people originally are comparatively strong and healthy, but when once they acquire the Opium habit they become mere weak skeletons, and can neither eat nor sleep with comfort. This physical deterioration is transmitted to their children and grandchildren, and the curse of Opium is seen in the injury it inflicts upon the very life of the people.

“When a man has enough to eat and to wear, he observes the proper regulations and customs of society, but when once he takes to Opium he loses all self respect, and as money becomes each day harder to obtain, he resorts to dishonest means to gain a livelihood and becomes utterly debased, so the curse of opium appears again in destroying the character and manners of the people.

“While these evils are preying upon the people of China, the obstacles they present to Christian work are not a few. Your people come to preach the doctrines of the Gospel, which are indeed the truth, and your real desire is to lead many to believe; but those who hear them say that Opium and the Gospel have come together from England—the doubt arises and finds expression in words, that the Gospel is false. Your

Missionaries come with the real desire to benefit the people, but those who see them maliciously declare that Opium and Missionaries are alike English productions, and they suspect the Missionaries of secretly doing evil. Moreover the Church opens free schools, and although they are meant to benefit the youth, yet it is impossible to stop the mouths of those who are not taught, while Opium remains unforbidden. The Church has opened Hospitals, but, although they are saving men from disease, it is impossible to influence the hearts of those who have not been healed, while Opium remains unforbidden.

“Your Christians with singleness of heart, are zealous in many good works, but while Opium remains they are all like so much water poured out.

“It is said by some that the Chinese are fond of Opium and the calamities they suffer are of their own making and the English have nothing to do with it. The New Testament says: ‘Have no fellowship with evil.’ Now when your Government plants and sells Opium to minister to the evil propensities of the Chinese, you are partakers with them, and what can you say in excuse thereof?

“An opportunity having now been providentially afforded by our friends in India to renew the agitation of the matter in the memorial they have presented to the throne of China for consultation and prohibition, our hope is that your Christians will, with one heart, exert themselves without regard to profit or loss, and be enabled to abolish Opium, that the Chinese may be released from this yoke of bondage and the obstacles to the preaching of the Gospel be removed. We have but little strength, but night and day we pray the Lord above to reveal Himself and help England and China to abolish this great evil. May this exceeding blessing come to us and to China. For this we reverently wait.

(Signed)

In behalf of the London Mission	{	LEUNG Tó
(Which has 300 Native Communicants).		AN FUNG-SHI.
In behalf of the English Wesleyan Mission	{	YEUNG WING CHI.
(Which has 700 Native Communicants).		CHAU HOK-SHUE.
In behalf of the Berlin Mission	{	MAK KANGNIN.
(Which has 350 Native Communicants).		U PIN-OM.
In behalf of the Baptist Mission	{	WONG KWONG-FUK.
(Which has 470 Native Communicants).		FUNG.
In behalf of the Presbyterian Mission	{	FUNG TSUN-TAK.
(Which has 600 Native Communicants).		CH'AN SUN-MAN.
In behalf of the American Scandian Mission	{	KWAN HIN-SHAM.
(Which has 10 Native Communicants).		UE MUNG-LING.
		TSò TAU-SHAN.
		NG UEN-LI.

"Your Opium is Killing Me."

Mr. Barber, of Wuchang, China, writes to his Methodist friends in England :—"Two days ago, while we were talking to a full chapel of the possibility—through the Saviour—of conquering sin, an old man stood up in front of the crowd, and stretched forth his hand : "You tell us all sorts of good deeds, and exhort us to follow them ; *but why did you bring this Opium ? It has me in its grip, and it is killing me.*" We looked at the old man, bleared and tottering with the unmistakable marks of the Opium smoker on him, a pitiable object. The people tried to persuade him to sit down ; we disclaimed all share in the traffic, and declared all who sold or bought Opium to be bad. "Ah," said he, "its killing me, and yet I can't give it up." "Better die than ruin your soul by smoking it," was the answer. Seldom has it fallen to our lot to see anything more thrilling in the daily preaching as the old man reached forth his hands—"Better die ! but I am afraid to die."

The Opium Curse.

From The Christian.

The veteran Missionary, Dr. Rose, of Burmah, holds the same place in the esteem and affection of his fellow Missionaries in the Indian Empire to-day, that Carey and Adoniram Judson did with their fellow-workers five or six decades ago. In a letter dated July 8th of this year, writing from Rangoon, he says, "Thirty years ago I was appointed by the Burmese Missionary Convention to write a report on the introduction, increase, and effects of Opium in Burmah. The elder Hough, Wade, Bennett, and Kincaid were then living, and on the field. They all affirmed that there was no Opium in Burmah before the English came. . . . As a revenue measure the Opium traffic is an enormous blunder, for it blasts the vital sources of revenue. It converts honest labourers into idle thieves and vagabonds. If all the cultivators of Burmah were to take to Opium, in five years there would not be a basket of rice. I have never known a Burman or Karen to use it who did not go to the bad *sharp*. I have heard often, volley after volley of terrible burning curses on the English from the lips of women whose husbands, sons, or brothers, have been ruined by the Englishman's Opium. If God is not more tender than these women, or of different mind, hell will be too small for all the English. All the people of Burmah (and of the world) who understand Opium, *hate and abhor* it, except those who are its slaves or are making money out of it."

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